



WASH YOUR HANDS!



Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

Handwashing is one of the best ways to protect yourself and your family from getting sick

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage



DO THE FIVE

Help Stop COVID-19

1. HANDS– Wash them often
2. ELBOW– Cough into it
3. FACE– Don't touch it
4. FEET– Stay more than 6ft apart
5. FEEL SICK? STAY HOME!

WASH YOUR HANDS!

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.



Follow these five steps every time.



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse your hands well under clean, running water.



Dry your hands using a clean towel or air dry them.



<https://www.cdc.gov/handwashing/index.html>

WASH YOUR HANDS!

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter



Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However:

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

How to use hand sanitizer:

- *Apply the gel product to the palm of one hand (read the label to learn the correct amount).*
- *Rub your hands together.*
- *Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.*

**STAY UP TO DATE WITH THE LATEST
INFORMATION ON THE COVID-19
PANDEMIC AND THE COUNTY, STATE
AND FEDERAL RESPONSE**

GO TO:

- **RIVERSIDE COUNTY PUBLIC HEALTH:** <https://www.rivcoph.org/coronavirus>
- **CALIFORNIA DEPARTMENT OF PUBLIC HEALTH:** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- **US CENTERS FOR DISEASE CONTROL AND PREVENTION:** <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



RC1HR

safety division



Drivers Awareness Training

Offered as a self-paced course taken anytime you need it.

Or

Classroom setting completed Quarterly

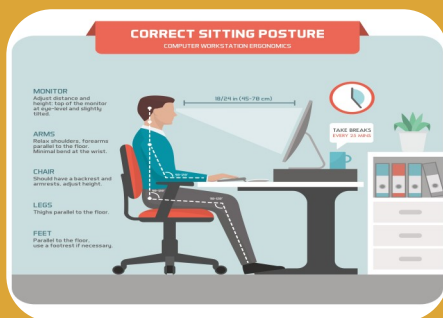


Employee Workplace Violence Preparedness

Offered as a self-paced course taken anytime you need it.

Or

Classroom setting completed Quarterly



Repetitive Motion Injury Training

Offered as a self-paced course taken anytime you need it.

Or

Classroom setting completed Quarterly

The Safety Division recommends you take these courses every two years!

Enroll through Learning and Organizational Development

<https://corlearning.sumtotal.host/core/dash/home>

ROAD SAFETY

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter

It's a scenario guaranteed to ruin your day. You're driving down the highway, and suddenly, your car stops working properly. Maybe you've got a blow-out, maybe it's a broken belt, or maybe you have no idea what the problem is. Whatever the situation, when your car breaks down, you have to do some quick thinking to keep yourself safe. However you intend to get help, there is a smart way to stay off the road and make sure nothing worse happens to you while you wait for a tow truck to arrive. Chances are, you will experience a breakdown at some point during the life of your car, so it pays to know the right steps to take.



Move Your Car off the Road

It's very rare for your car to simply die in an instant. Most of the time you'll be able to maneuver it to the side of the highway. If you're traveling on surface streets and your engine shuts off at a stoplight, most of the time you can get a little more juice out of the battery if you keep trying to restart it. As soon as you know there's a problem, you should turn on your hazard lights, especially if you can't move the car right away. Don't get out of the vehicle in the middle of traffic.

Be Wary of Strangers

After you've called for help, using OnStar or AAA or some other method, it's a safe idea to keep your hazard lights on and even open the hood so that other drivers will know you're having car trouble. But be careful with those who stop to help, especially if you're traveling alone. It's always a good idea to stay in the car with the doors locked and simply tell them that help is on the way. For your safety, you should never leave your car, unless you know exactly where you are and how to reach a public place in a short amount of time. Criminals can often target the drivers of broken-down vehicles, so it's important you always keep a cell phone on you, and if it's late at night, don't hesitate to call the police. A patrol officer can find you and wait with you until the tow truck comes.



ROAD SAFETY

COUNTY OF RIVERSIDE HUMAN
RESOURCES SAFETY DIVISION

Safety Newsletter

Don't Try to Repair the Car



You might be familiar with car engines, but the chances are slim that you'll be able to repair the problem without any tools or parts. And if you're not sure what's going on, there's a chance you could damage the engine or make the situation worse. If your tire blows and you know how to put the spare on, be very careful. The tire could be on the side of the road that's nearer to traffic, which makes trying to change it with cars speeding by at upwards of 70 miles per hour very dangerous. If you've never changed a tire before, you shouldn't attempt it. It might seem possible to save time and hassle by doing things yourself instead of calling for roadside assistance, but actually the opposite is true.

Know Your Location

Many people break down on the highway during a road trip or can't pinpoint their exact location for whatever reason. That's why it's important to always keep in mind what highway you're on and which exits you have passed, and any signs that tell you which exits are coming up or how far you might be from the next town. If you have OnStar, they will be able to pinpoint your location, but many people don't have access to that technology. So when you call for help, you must be prepared to identify landmarks and estimate how long it has been since you left the house or got on the freeway. If you're near a mile marker or a phone box, it can be easier for authorities to locate you in an emergency.



Experiencing a breakdown can be scary, especially if you've never been through one before. The best way to handle any emergency is to be prepared before it happens, and if you have a realistic plan for what to do if you're stranded on the highway, it's a lot less likely that your safety will be in jeopardy. Stay calm and use common sense, and you can help protect yourself on the road and off it.

DROWSY IS DEADLY

DROWSY DRIVING KILLS BETWEEN **5000 & 8000** PEOPLE EVERY YEAR NEARLY TWICE AS MANY AS **DISTRACTED DRIVING & 5 TIMES** AS MANY AS THE TITANIC



83.6 MILLION PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY



IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP

8 7 IS GOOD IS GREAT!

DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES

DROWSY DRIVING INCIDENTS COST THE COUNTRY **\$109 BILLION** IN 2015



1.2 MILLION COLLISIONS ARE CAUSED BY DROWSY DRIVING EACH YEAR

1 of 3 DRIVERS ADMIT TO DRIVING DROWSY



RIVCO 1HR
safety division

SAFETY POSTERS FOR YOUR OFFICE ON PAGES 8-9



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

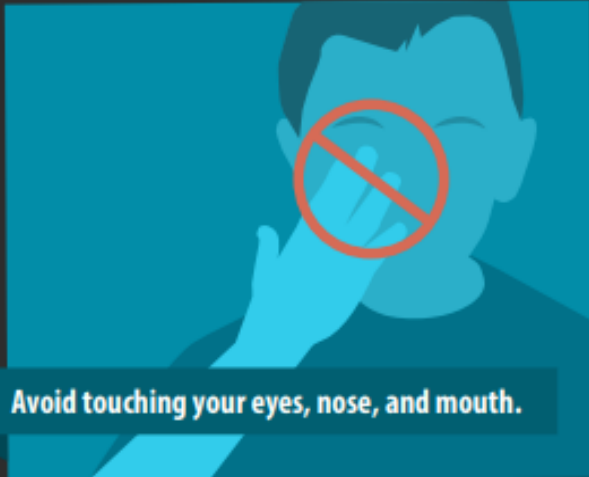
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



SAFETY FIRST RIVCO HR

For more information: www.cdc.gov/COVID19



KEEP
CALM
AND
WASH
YOUR
HANDS



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

